SANTAANACOLLEGE

on wednesDAY

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INSIDE:

Once a year the cross country team takes a trip to Yosemite National Park where they taste "runners high." **Sports, Page 7**



VOLUME 76 ISSUE 8

17TH AT BRISTOL STREET, SANTA ANA, CALIFORNIA 92706

MONDAY, AUGUST 30, 1999

Ammendment protects privacy

GRADES:

A new amendment eliminates the practice of posting grades with the last six digits of a students Social Security

number.

By Nicole Friend

el Don Staff Writer

he nation's community colleges, in ac cordance with an amendment to the Family Educational Rights and Privacy Act of 1974, are no longer permitted to post grades with any portion of a students Social Security number.

Previous to this amendment, instructors posted grades using the last six digits of a students Social Security number as an identifying number. Though the student's name did not appear on the posted grade sheets, the lists were in alphabetical order. This policy change forces colleges to look for other methods of dispens-

ing grade information and results.

"The purpose of this new regulation is to protect the rights of the individual. Basically, FERPA has stated that it's illegal to post or partially post any portion of a students Social Security number," said Dean of Enrollment Services Harold Bateman.

According to FERPA, also known as the Buckley Amendment, directory information is limited to those types of information which would not generally be considered harmful or an invasion of privacy if disclosed.

Only two alternative ways of obtaining grade information remain; having the grades mailed, or requiring the student to call the school to receive their grade.

"Students won't be able to get their grades as fast as before. It will take about two weeks to get the grades up and ready for the phones. However, in certain crisis situations grade cards can be mailed by instructors," Bateman said.

"It really doesn't affect me, because it's just one of those changes people will have to get used to," said student Scott Robinson. "The only problem might be trying to get through on the phone lines."

In the meantime, Admissions hopes students will understand that they can eventually get Please see GRADES, Page 3

-Harold Bateman
Dean of Enrollment
Services

** Students

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to get their

grades as fast

as before. It

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weeks to get

the grades up

and ready for

the phones.35

• For a student's view on FERPA, see page 6.



DAWNIELLE PECK el Don photo-illustration

A Santa Ana College student waits in frustration for traffic to clear on her way to school. The construction on O.C.'s freeways causes problems for most students.

DRIVING PAINS

By Alex Arreola

el Don Sports Editor

College life can be stressful for students who are unaccustomed to long registration and bookstore lines, juggling work and class schedules, and finding an empty parking spot on campus.

But added to their list of stressors this year is the traffic congestion caused by the reconstruction of four major freeways in Orange County.

"It's ridiculous that I have to wake up at 6 a.m. just to find a parking spot for my 8 o'clock class," said student Lorena Diaz.

The remodeling of the 55, 22, 57 and 91 freeways has not only slowed already congested freeway traffic to near stagnation at times, but has belched the overflow onto many of the county's main surface streets: some of which are under construction as well. And it appears that the heavy traffic won't ease anytime soon, according to Pat Crockett, 91-Freeway Cal-trans representative.

"The construction on the 91-Freeway is on schedule to be finished in the Spring of 2000,"

Please see DRIVING, Page 2

TRAFFIC TROUBLES

Renovation on the 5, 91 and 55 freeways is wreaking havoc with students who commute to Santa Ana College from all parts of O.C.

- Construction on the I-5 is scheduled to end in late 2000, and landscaping will end in early 2001.
- Estimated cost for I-5 construction is \$1.1
 billion.
- Finishing touches on the 91-freeway are currently being applied around the 57 and 55 interchanges
- Projected cost for the 55-Freeway construction is \$118 million and is funded by the Orange County Transit Association.

Cepeda keeps promises

LEADERSHIP: New SAC President Rita Cepeda plans to increase student involvement and continue partnerships with community.

By Theresa Salinas

el Don Views Editor

After serving for almost two months as president of Santa Ana College, Rita Cepeda has made good on her promise to listen, analyze and review suggestions from campus representatives before making changes to the college.

Since July 1, she has met with community agencies, academic and faculty senate representatives and students, to determine common needs and goals.

Near the top of Cepeda's to-do list, is increasing student involvement in administrative decisions. Hector Garibay, Associated Student Government president will sit on the



Dr. Rita Cepeda

 For students opinions on what changes Cepeda should make, see Views page 6.

Budget Allocation Review Committee, along with representatives from SAC, Santiago Canyon College and the district office, to allot \$140 million for basic services such as supplies, salaries and ground maintenance, at each site. Garibay will also receive updates on important decisions facing campus committees and the board of trustees, she said, giving him an opportunity to voice student

Please see CEPEDA, Page 3

New ASG board determined to inform students

ASG president

Hector Garibay's goal is to make

> group more visible

campus.

By Christie Menzel

el Don Staff Writer

Students will see the Associated Student Government this semester like they haven't seen them before.

From special events to identification cards and classroom visits, ASG members intend to make themselves known on campus.

"We want the students to be aware and have a voice in the decision making process of the college," said Hector Garibay, ASG president.

New ideas of visibility include members wearing an identification card twice a

week. They will distribute survey handouts early this semester to find out what the students want from them.

Also, government members will visit classrooms to inform students about their jobs and answer any questions.

Garibay's commitment to making student government more visible spawns from past ignorance of the student body about the very group whose goal it is to serve them.

Though ASG Student Adviser Jessica McKinney-Morales estimated that over 500 students attended activities such as barbeques last year, other events were neglected by

a large portion of students. In an attempt to remedy the low turn out to environmental related activities, a new recycling program headed by Anhhui Le, commissioner of environmental awareness, is scheduled to begin by Novem-

"We just don't have free barbecues for fun -- generally students don't have a lot of money and it saves them money," McKinney-Morales said.

Student government members are responsible for representing the entire SAC student body and they meet once a week to discuss ways to accomplish this.

Events scheduled for the fall semester include a "Welcome Back" barbecue on Sept. 8, club rush on Sept. 29 and a presidents forum during the third week of September.

Betty Lam, elected ASG treasurer, resigned from her position due to a class conflict. Because a treasurer is needed to handle ASG's checks and balances, elections will be held in mid September to replace Lam.

"Hector is putting much more time into finding a person for publicity," McKinney-Morales said. "He wants to find dependable people who are really committed."



We want the students to be aware and have a voice in the decision making process of the college.

> -Hector Garibay Assocciated Student Government President



JOSEPH YOUNG el Don

Commuters line up to exit the 55-Freeway at Chapman Ave. where construction is underway.

Driving: freeways in chaos

Continued from page 1

Crockett said. "A major portion of it is finished along the Los Angeles county line and finishing touches are being applied around the 57 and 55 interchanges."

An area of annoyance for students who live in the Northeast portion of Orange County is the 55 and 22-Freeway interchange.

"Off ramps are being added for the Chapman exits on the north and south directions of

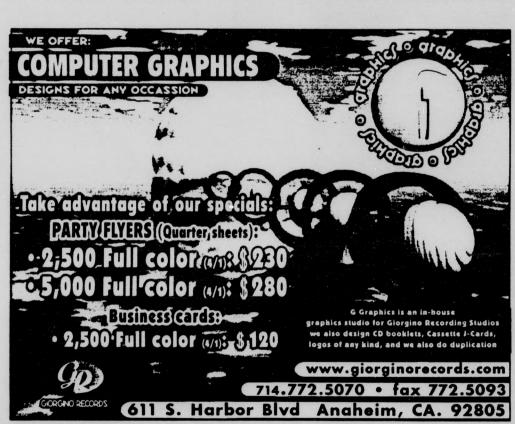
the 55-Freeway to help ease the traffic flow. Construction is on schedule to finish in mid-2000," said 55-Freeway Cal-trans representative Irene Alonzo.

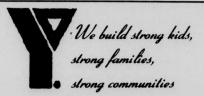
Crockett added that the 55 mph speed limit is being strictly enforced for commuter safety along all freeway construction sites in Orange County. If the speed limit is broken in or near the sites, citations will double in price.

Construction usually takes place between 11 p.m. and 5 a.m. to help day commuters. But since

relief is not coming anytime soon, there are a few things students can do to ensure they make it to school on time.

Cal-Trans representatives advise drivers to use extra caution, make early lane changes and carpool. Alonzo urges commuters to leave earlier for their destinations and to seek information about construction and closures by calling the Cal-Trans Help line at 1-800-724-0353 or tune into the Radio Highway Advisory station at AM 1620.





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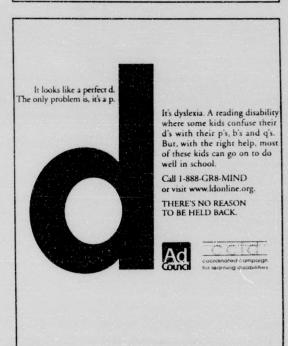
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Cepeda: seeking changes Grades:

Continued from page 1

Cepeda currently serves on the BARC and will ensure, through weekly meetings, that SAC receives its fair share of funds. The committee has until Dec. 31 to report suggestions to Chancellor Edward Hernandez, who will complete the budget by May. She is dedicated to representing SAC without infringing on the needs of the district office and SCC.

"What we want is to have our basic needs met. We don't want to trample over each other to get what we want," she said.

After the district office opened last fall, some students and faculty voiced concerns about converting to a multi-campus district. Before coming to SAC, Cepeda served as interim president of Mission College in Santa Clara, part of a multi-campus college system. From previous experience, she said, she learned not to dwell on the bad aspects of the split, but the benefits.

"When you go to a multicampus district, in order to develop a sense of self, it's better to have different sites. I think we've matured since the split," said Cepeda.



THERESA SALINAS el Don

A goal of Rita Cepeda's is to sustain partnerships between SAC and the community.

Another goal Cepeda has for the school, is to sustain and promote partnerships between SAC and local businesses, elementary schools and cultural organizations.

She recently enlisted the help of the Santa Ana College Foundation in securing grants to revamp the college planetarium.

"The facility attracts hundreds of children from all over the county," she said, "It would be of service to the community to fix it up."

She is an advocate of education in local communities and plans to boost curriculum at Delhi Community Center in Santa Ana, where SAC currently offers courses. The center recently received a multimillion dollar grant that will be used to construct a small medical clinic, technical center and multimedia center on the grounds. Coordinating SAC-sponsored community classes at the center to complement the new facilities is a "win-win" situation, she said.

"I have never seen a community so in love with their college," Cepeda said, "Our first commitment is to the students, and after that, to the education of the community as well."

Continued from page 1

their grades from the telephone system, according to Bateman.

"It sucks, because once the class ends you're so anxious to get your grades - the sooner the better - and when you call in it takes much longer," said Javier Ponce.

"I think it's better because it's much easier to call in and get grades, for me anyway," said Zahira Macedo. "It will have an affect on the phone lines though."

By late Fall semester, electronic kiosks will be placed on campus for students to check records or grades as they enter pin numbers, and eventually students will be able to check their files online. The kiosks will be modeled after those already in place at University of Southern California as well as at El Camino Community College.

The primary rights of students under FERPA include: The right to inspect and review education records, the right to seek to amend education records and the right to have some control over the disclosure of information from education records.

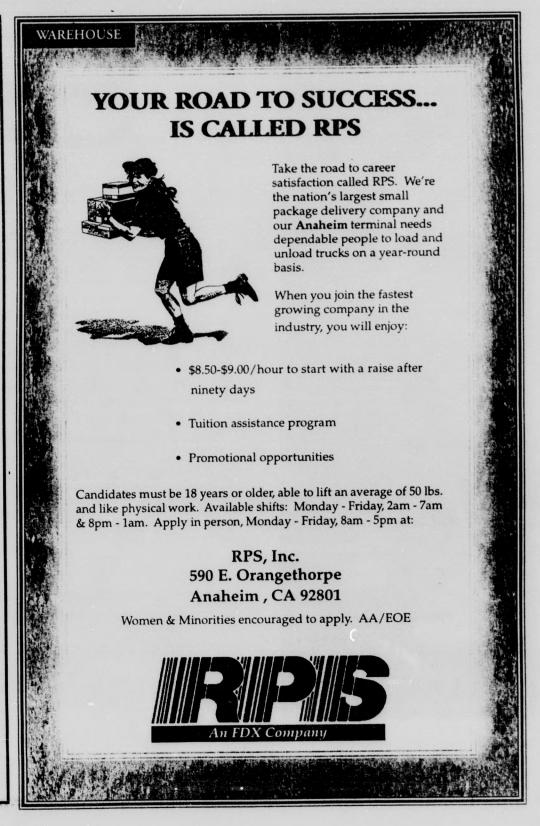
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STYLE



Top 5 albums

1. Backstreet Boys - Millennium
2. Mary J. Blige - Mary
3. Mobb Deep - Murda Muzik
4. Limp Bizkit- Significant Other
Britney Spears - ...Baby One More Time

Top 5 singles

1. Bailamos - Enrique Iglesias

2. Genie In a Bottle - Christina Aguilera

3. Summer Girls - LFO

4. Unpretty - TLC

5. All Star - Smash Mouth

Beila (She's All I've Ever Had) - Ricky Martin
 De Hoy En Adelante - Millie
 Sol, Arena y Mar - Luis Miguel
 No Me Ames - J. Lopez with M. Anthony
 Deiante Querer - Gilberto Santa Rosa

Top 5 Latin tracks

MONDAY, AUGUST 30, 1999

PAGE 4



Cars pull into stalls at Sonic on a busy Friday night. The restaurant is located at 6032 N. Lemon in Anaheim (off of the 91 West Freeway.)



Photos by **SANDAHL BALL**Carhop Tiffany Ross delivers food and a bright
smile to a hungry customer. Employees are
encouraged to wear roller skates so that they add to
the lively atmosphere.

SUPER SON

Sonic, a '50s-style drive-in, is a great way to relive the past from the comfort of your car

Alesa Kerr el Don Style Editor

he days of poodle skirts and doo-wap music may be long gone, but even in strip mall laden '90s culture, nostalgia lives. Sentiment for a simpler time can be discovered at Sonic, a refreshing change to the typical fast food eatery.

Sonic is like something straight out of the TV show *Happy Days*. Located off of the 91 West Freeway in Anaheim, customers drive into one of the many brightly lit stalls and park their cars.

When ready, the patron simply presses a button to place their order. After a short time, a carhop, usually wearing a pair of white roller skates, scoots to the vehicle and hangs a red plastic tray on the window (complete with free mints!)

For those sans automobile, Sonic has a large outdoor patio area where people can order from a speaker. Convenience is a key concept for the consumer here.

While dining, oldies music blasts from overhead -- songs from the likes of Buddy Holly and Elvis.



The made-to-order food comes on trays that attach to the window of a car. Also included are free mints.

It's easy to forget the present decade, save for the Bally's gym across the street and a gigantic Food 4 Less store looming behind it.

The relaxed order-at-your-own-leisure pace and the overwhelmingly quaint '50s charm makes Sonic the perfect place to take a date or a family. And while Sonic has atmosphere to spare, that's not all one's money pays for.

Prices at Sonic are comparable to most fast food restaurants (the Sonic special -- a burger, fries and a medium drink will cost a mere \$3.99) and the food is good. All the food is made-to-order and the beauty of a drive-in is that long lines typical of a drive-through can be avoided.

Unique to Sonic are menu items like Extra-long Cheese Coney hot dogs and the popular selling Cherry Limeade.

For those looking for an extra deal, Sonic offers a happy hour from 2 to 5 p.m. every day with a buy-one fountain drink, get one free offer. On Tuesday nights, the restaurant offers a family special of half-price burgers from 5 p.m. to closing.

Although Sonic is a national chain, the establishment in Anaheim is privately owned and opened in 1987. The city of Bakersfield houses six Sonics alone, but most of the drive-ins can be found in the Sun Belt states.

Founded by Troy Smith in 1953, Sonic grew from a small root beer stand in Shawnee, Okla. to what is presently the nation's largest drive-in chain of restaurants and second largest hamburger chain in the Southwest. At first it was known as "Top Hat Drive-In" where the slogan was "Service With the Speed of Sound," but when the name was found to already have been copyrighted, Smith and partner Charles Pappe changed it to "Sonic." a whopping 1,554 of the burger joints are franchised while 292 are company owned.

Jayme Gillette keeps her feet cool while looking cool in platform sandals made from rope.



Ditching traditional twostrapped backpacks. Marely Cervsntes sports a Dickies courier bag.



Animal prints. leopard-print tank top seen here on student Holley Beck are making a strong comeback.



FALLing into fashion

TRENDS: Old favorites blend with new ideas and hip accessories in this season's looks.

By Alesa Kerr

el Don Style Editor

With the new school year comes the latest wave of fashion trends -- some of which will be hip and others that will be over before the end of the semester.

Jen, a manager for the Gap in the Main Place Mall, says that this season will be about "bright colors, denim, flare pants for girls and boot fit pants for guys."

As the hot summer thermometer drops to cooler fall temperatures, look for the onset of layers and in particular, vests. Old Navy, Gap and Abercrombie & Fitch are all heavily touting the vest as a must have item for the later months of the year.

Backpacks have lost something this year -- a strap. Now students are most often seen with a single strap over their shoulder. Inspired by bags from the UK, backpack makers are even including a space for cell phones and pagers.

Tube tops, platform sandals as well as cargo and capri

pants are still going strong, but new ideas can be seen as additions to old favorites. Now an A-line skirt will have pockets on either side, kneelength skirts have sexy slits up the sides and shirts -- both long and short -- have hoods.

For shirts, the ever-popular three-quarters sleeve is still what everyone is wearing along with boatneck necklines. For accessories, nothing is more popular than illusion necklaces. A clear string of fishing line has jewels suspended from it, creating the look that a diamond is simply floating on the wearer's neck.

Straight from the '80s, bangle and jelly bracelets are back, the more colorful the better.

Incorporating elements from different cultures, many patterns inspired from places like India and the Native American community are appearing on t-shirts and midcalf length skirts.

In the end, style is a personal matter that nobody should dictate as being the absolute



Photos by SANDAHL BALL Jessica Pohlz displays the latest fashions: a tube top, an A-line denim skirt and black platform sandals.

LEAVING IT ALL BEHIND

By Alesa Kerr el Don Style Editor

> During mid-life crises, most affluent, white males choose a new lover or a new car, but not David Elliot Cohen.

On the brink of middle-age, the successful book editor sold his belongings and his house, closed his business and, along with his wife,

packed up their three children (ranging in age from 2 to 8) in order to travel around the world for a year.

Cohen's book, One Year Off details his travel and answers what most people are thinking -- Is this man crazy? Possibly, but with a little bit of pre-planning, some luck and a lot of patience, the family traveled to 13 countries on five continents.

Written in the form of e-mails sent out to friends, the book chronicles the massive journey with a wonderful blend of humor (mostly at his children's expense), rich descriptions of new cultures and introspective personal reflections.

Whether trampling through the jungles of Costa Rica, taking in art at the Louvre or viewing game in the African bush, the family manages to find adventure without being killed -- though barely in two instances -or killing each other.

In the prologue and the epilogue, Cohen examines the more spiritual aspects of the trip and comments on society's growing materialism and pace of life; which

sets Cohen's book apart from the endless travel-logs by yet another bored yuppy.

"Before I left on this trip, I was always over scheduling my life, and there always seemed to be some unnamed pressure to do more, be more, earn more, buy more...But once we were fully immersed in the traveling life, this pressure to strive, achieve and over-schedule gradually began to recede," wrote Cohen.

As a Yale graduate, it's expected that Cohen would be eloquent, but his overuse of complicated wording slows the reader's pace.

It also would have been nice to have Cohen's wife, Devi, share her thoughts of the trip. Cohen is a gifted narrator who often relates what his children are thinking, but rarely do we know what Devi's feelings.

Although Cohen's exotic travel may make you want to up and sell all your earthly belongings and hit the road, it might be worth noting that the Cohens are in no way poor. They are an upper-class clan who resides in an upscale suburb outside of San Francisco; so the notion of them squeaking along is merely romantic. In fact, for most of the trip they had a baby-sitter at their dispense to help out with the kids.

Throughout putting up with his children's fights, adjusting to spending 24 hours a day with his wife, or getting hopelessly lost outside of Rome, Cohen manages to keep his calm and to write down the details of the situations accurately and with wit.

Beyond being about adventures in foreign countries, the book ties in elements of family and thoughts on what's important in life which elevates it from being a good travel essay book to being what it is -- a great one.



One Year Off by David Elliot Cohen

Published by Simon & Schuster

Retail price: \$24.00

Ratting: 4 (out of 5)

In his book One Year Off, David Elliot Cohen recounts leaving suburban life behind for a year to travel around the world with his family

VIEWS

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SANTA ANA COLLEGE • el Don

MONDAY, AUGUST 30, 1999



What changes do you think SAC president Rita Cepeda should make on campus?

"There's a lack of english, math and science classes."

MANUEL VILLAGOMEZ
MATH

"I feel we should get more student discounts. She should look for more sponsorships ... like at Mc Donald's, Taco Bell or Denny's. I think we should change the mascot. We're not landlords."

PETER JANUARY
COMMUNICATIONS

"We should work on beutifying the campus and cleaning up the campus kiosks."

> MICHELLE AVINA BUSINESS

"I don't see any changes to be made."

YESMIN RIOS
ELEMENTARY EDUCTION

"Lower book prices or get more used books in the bookstore"

JOSE OLIVAS

"We should have more events for students on campus."

CESAR FABIAN
CRIMINAL JUSTICE

MAILBOX POLICY

The el Don encourages expression of all views. Letters should be brief and to the point and include student ID number. They may be edited for length and clarity. Letters may be delivered to C-201, or mailed to SAC el Don, Mailbox, 17th at Bristol streets, Santa Ana, CA 92706. Include a phone number where you may be reached. Unsigned editorials are the opinion of the editorial board and do not reflect the views of SAC. Opinions with a byline are those of the author and do not reflect the views of el Don or Santa Ana College. El Don reserves the right to refuse advertising and does not subscribe to the views of the advertisers. For el Don advertising rates and information, contact Debi Carr at (714)564-5617, FAX 564-0821.



Control humans, not guns

WEAPONS: Guns will never be completely banned, but we can learn to use them responsibly.

The news of late has been inundated with instances of guntoting "crazies" going on killing rampages -- whether for reasons of frustration (Columbine) or hate (the Jewish Community Center.) But what's to be done?

Many, such as the NRA, would have you believe that guns are not the problem. And in a way, they are right. Shiny pieces of metal that hold bullets are not the root of our problems. It's the people who use them. But the answer that most

gun enthusiast's now give is that we should all arm ourselves to the hilt -- an uzzi for a teacher, a pistol for a mail deliverer, heck, let's give a gun to anyone who can hold one.

If this is America's notion of gun control let us out. Arming every man, woman and child would only create a throwback to the wild west. Every citizen would be a potential killer. Is my neighbor Fred reaching in his pocket for his key or a gun?

Better answers could be found in stricter background checks. The Brady Bill, passed in January 1993, asserts that all prospective buyers must go through a background check and a 24-hour waiting period. Its intent was to prohibit fugitives, mental patients, those with a dishonorable military backgrounds, and those with a history of domestic abuse from buying guns. Although the bill is great in theory, it's obviously flawed in practice. It's imperative that we know exactly what kind of person is buying a weapon that could potentially be used on another human.

Another idea would be to educate those who do decide to buy a gun. An outright ban on guns will most likely never be achieved, but let's make sure that people who have guns know how to operate them

Every citizen would be a potential killer. Is my neighbor Fred reaching in his pocket for his key or a gun?

properly. Too many children have needlessly died from a gun owner's negligence.

Getting at the real root of the problem is critical. What causes somebody with a gun to snap?

We need anger management classes that teach people to handle their violent impulses.

What is meant by the right to bear arms in the Constitution promises to be a lasting debate. But it's time we realize that restrictions and education can only help this deadly situation.

The right to post is toast

By Randy Scott

el Don Staff Writer

A semester tradition has come to an end. The trek around campus in search of posted grades is history.

Over the summer, Santa Ana College discontinued the practice of posting final grades on classroom doors, because of privacy concerns. Grades used to be listed according to the last six digits students' social security numbers.

Which makes me wonder, how private do we really need to be?

I am a big fan of privacy. I love that I live in a society where we have the option to live anonymously, at least to a certain extent. I also believe that we should not only have the right, but the expectation, to choose what we reveal about ourselves to the general public.

Which brings me back to grade posting. Apparently, the practice of using a social security number as identification is the heart of the issue.

Someone could do a little detective work and figure out your personal digits. Then they would know your grade. Or even use the number for more devious purposes. Of course since the whole number isn't published, the chance of that happening is very low.

There are other ways to access your grades. The telephone and even the traditional report card are there to make up for the loss of the pink rosters.

But where's the fun in that? I look forward to the days of walking around the empty campus and looking for those little slips of paper to find out how I did. It's how I wind down from the stressful school term.

Seeing the letter that I've received for all my hard work is what makes things all worthwhile.

I like that my grades can be seen by anyone. In a way it's like the days when my elementary school teachers would put a gold star on my homework, or announce to the class how well I did.

It was a sense of pride in my performance that I don't get to feel that often anymore. And with the postings gone, I may never experience that pride again.

PORTS

(4 in a row '95-'98)

Al Siddons -12 times

4 miles lvg. mile time 5:15

3 miles

Avg. mile time 6:40

10k Record (6.2 miles) Marco Ochoa (M) 30:38.2 (1986)

Elly Estrada (W)

Sonia Perez (W) 18:19.7 (1995) 38:52.0 (1996)

5k Record

(3.1 miles) Jim Sorensen (M) 14:50.88 (1988)

Glacier Point Record (4.8 miles) Marco Ochoa (M) 45:58 (1985)

Karen Mengee (W) 62:40 (1986)

MONDAY, AUGUST 30, 1999

SANTA ANA COLLEGE • el Don

PAGE 7



THE **FACTS** Who: SAC

Cross Country Team

When: July 31-Aug. 6,1999

> Where: Yosemite National Park



MIGUEL A. LOPEZ el Don

Runners High

CROSS COUNTRY: Each year Santa Ana College runners head to Yosemite National Park for a week-long training session that helps the team bond and mature.

By Miguel A. Lopez el Don Sports Editor

t's Thursday, 6 a.m. and all the runners are preparing for the most difficult four- mile run of their lives. In about an hour they will be at the base of Glacier Point. They have been at Yosemite National Park since Saturday and this is what this whole trip is about, making it to the top and separating the "scrubs" from the real crosscountry runners.

From this perch on Glacier Point they'll look down 3,214 feet to the Valley floor and have a

commanding view of Yosemite Valley, Half Dome and the High Sierra.

The annual trip to Yosemite National Park, is in preparation of the upcoming season. A summer tradition for over 20 years, head coach Al Siddons has taken the womens and mens team to Yosemite for what can be compared as football player's hell week.

The team departed from SAC at 7 a.m. on July 31. Ahead of schedule they arrived at Yosemite at about 2:45. After hours of riding in minivans through twisting and winding roads, the team was glad to finally reach their destination. This was the beginning of a hectic week.

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Just a little more than an hour after their arrival the team was given a quick introduction to what lay ahead. Don't get lost, don't run alone, be on time for meals and watch out for bears. The team was off on its first, of many, 50 minute runs. Housekeeping to Curry Village, to Yosemite Lodge, across the meadow, and back to Housekeeping.

Workouts were at 7 a.m. and 4 p.m.. Meals were at 10

a.m., noon and 6 p.m., depending on how well that day's cooking crew worked together. There were three hard days and two rest days. Sunday morning's run was a speed workout to Bridalveil Falls and a jog back to camp for a total of just over an hour. Tuesday's run was a tempo run out to El Capitan, the largest single granite rock on earth. This took just under an hour-and a half.

Both rest days the team ran the 45-50 minute loop in the mornings and afternoons. On Wednesday they hiked to Vernal Falls which started at Happy Isles and followed the scenic Merced River on the Mist Trail.

Today is the big day, the run to Glacier Point. If you think getting to the fourth floor of the D-building on campus is tough try 50 D-buildings stacked one on top of the other with no steps. Glacier Point is 4.8 miles straight up on a dirt trail. At times it feels as if you're carrying a

This whole trip is

about making it

to the top and

separating the

'scrubs' from

the real

cross-country

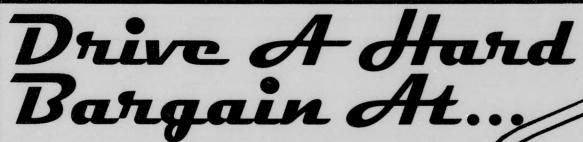
runners.

pack on your back. "Getting started is the hard part, the first 10 minutes are the worst," said Jimmy Patino. Marco Ochoa, an alumni, was the first to reach the top with Jose Herrera, a freshman, not far behind. The first female reaching the summit was coach Leticia Mora followed by sophomore Alicia Casas. After a few cups of Gatorade, everybody was refreshed and happy to reach the top.

But for most, it was far from over with another 12 miles to go. It was a good showing by the freshman and a few of the returning sophomores had significant improvements. David Hodgin, who didn't finish under his own power last year, had a 14 minute improvement and Carlos Guevara was 30 minutes faster this time around.

"I feel tired but I know I can run the rest of the way," said sophomore Erika Gutierrez. After running the full loop in two hours and 30 minutes, Eduardo Salgado said, "I thought it would be harder but I feel pretty good." Once everybody was back at camp trying to recover, the only thing on their minds was the pain and hunger. That night the team celebrated with pizza at Curry Village.





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